



# Cooking Classes

## Healthy Holiday Baking

Saturday, December 16 from 2 – 3:30 p.m.

## Amazing Vegan Sauces

Saturday, January 6 from 2 – 3:30 p.m.

## Gluten-Free Cooking

Saturday, February 17 from 2 – 3:30 p.m.

**Main Library - Saxe Room**

See back for details.

Register online  
at [mywpl.org](http://mywpl.org) or  
call 508-799-1655 ext 3.



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# COOKING CLASSES

**Register online at [mywpl.org](http://mywpl.org) or call 508-799-1655 x3.**

## **Healthy Holiday Baking**

**Saturday, December 16 from 2 – 3:30 p.m.**

**Main Library - Saxe Room**

Chef Kim Youkstetter from Worcester Technical High School will present a healthy baking program that will help you make better substitutions to your holiday baking. She will also present options for gluten-free delights and ways to make holiday desserts for all. Recipes (and samples) will be provided.

Chef Youkstetter is a graduate of the former Girls Trade in Worcester and the Culinary Institute of America. After working in various restaurants and hotels around the country, she settled back in the area, and in 2010, joined Worcester Technical HS as a culinary instructor.

## **Amazing Vegan Sauces**

**Saturday, January 6 from 2 – 3:30 p.m.**

**Main Library - Saxe Room**

One way to eat whole-food, plant-based meals is by making bowl meals: combine a mix of healthy foods and then pour on a delicious sauce, and you'll have healthy meals where everyone will be asking for seconds! In this class, we will talk about the bowl-building basics, and four great sauces that will make healthy food addicting!

Colin McCullough has been vegan for 20 years, and enjoys teaching people ways to include more whole-food, plant-based food into their diet. He believes that eating healthy food is the single most important step we can take to improve our health and happiness.

## **Gluten-Free Cooking**

**Saturday, February 17 from 2 – 3:30 p.m.**

**Main Library - Saxe Room**

Gluten-free baking and cooking can be simple with the right ingredients! Join us for a demonstration on mixing and rolling out pie dough where each participant will receive a pre-mixed piece of dough, a pie tin, and plastic wrap to roll out their own piece of dough. Then they can wrap up the ready to bake pie dough to take home! Samples will be available.

Jordan L'Ecuyer is a student at Johnson and Wales University pursuing her Associates Degrees in Baking and Pastry Arts and Culinary Arts, as well as a Bachelors in Culinary Nutrition.